



## GRANITE TRACK & FIELD For boys and Girls Ages 9 – 14



Sponsored By:  CORE ORTHOPAEDICS ,  
Loco Sports & NHRPA Program

Track & field has been a fixture here in Exeter for 30 years to promote youth physical fitness and provide fun learning experiences for children 9 to 14 years old. Hershey is no longer sponsoring the program but Loco Sports and the NH Recreation and Parks Association have taken it over. Youth track & field is a great way to get kids started in a physical fitness program. Join us as we help kids discover their potential, make new friends, and gain newfound self-confidence. Every child is a winner with track & field games!

**We will be using PEA track in Exeter off Court Street. YOU MUST COMPLETE AND RETURN THE FORM(S), A COPY OF YOUR BIRTH CERTIFICATE, AND REGISTRATION FEE TO THE EXETER PARKS & RECREATION DEPARTMENT OFFICE PRIOR TO THE FIRST PRACTICE YOU ATTEND.** Registrants are required to attend as many practices as possible! If you cannot attend a practice, **you must call the coach.**

**Fee:** Please make check payable to E.P.R.D Visa and MasterCard accepted. Sorry no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check.

Activity	Age (as of Dec. 31, 2016)	Fee	Fee after 4/22	Class Code
Boys	9-10	\$55.00	\$65.00	221300-1A
Girls	9-10	\$55.00	\$65.00	221300-1B
Boys	11-12	\$55.00	\$65.00	221300-2A
Girls	11-12	\$55.00	\$65.00	221300-2B
Boys	13-14	\$55.00	\$65.00	221300-3A
Girls	13-14	\$55.00	\$65.00	221300-3B

**Deadline:** The deadline to register for this program is **Friday, April 22<sup>nd</sup>, 2016**. Please make check payable to E.P.R.D Visa and MasterCard accepted. Sorry no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check.

### PRACTICE SCHEDULE & IMPORTANT DATES

**ALL PRACTICES AT PHILLIPS EXETER ACADEMY'S TRACK, COURT ST, EXETER, NH 03833**

**PRACTICES BEGIN MAY 2<sup>nd</sup> – June 23<sup>rd</sup>, 2016**

**MONDAY & THURSDAY EVENINGS 6:30PM SHARP – 7:30PM**

**\*COACH MAY HAVE PARTICIPANTS ARRIVE PRIOR TO MEET TIMES FOR WARM-UPS**

**TOWN MEET – TBA – Phillips Exeter Track - Must attend in order to proceed**

**DISTRICT MEET – TBA**

**PRACTICE FOR STATE FINALISTS ONLY - TBA**

**STATE MEET – TBA**

**COACH: Matt Castaldy**

- NOTE: ANY SCHEDULE UPDATES/CHANGES WILL BE SENT VIA E-MAIL, PLEASE CONFIRM YOUR E-MAIL ADDRESS ON FILE.**

## **RULES**

1. The only restriction for participation is age – participants must be between 9 and 14 years old as of December 31<sup>st</sup> of the current year.
2. Competitors will determine which age groups to enter by calculating their age as of December 31<sup>st</sup>, 2016.
3. Contestants will compete only within the same sex divisions. Males will compete with males; females compete with females.
4. Participants can enter either two tracks and one field or two fields and one track event up to and including the State/Provincial Final.

EVENT(S) YOU CAN COMPETE IN: **MAXIMUM OF 2 EVENTS PER PERSON!**

### **BOYS**

#### **Ages 9 – 10 (Born in 2006-2007)**

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4x100 Meter Relay\*
6. Standing Long Jump
7. Softball Throw

#### **Ages 11 – 12 (Born in 2004-2005)**

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay\*
6. Standing Long Jump
7. Softball Throw

#### **Ages 13 - 14 (Born in 2002-2003)**

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4x100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### **GIRLS**

#### **Ages 9 – 10 (Born in 2006- 2007)**

1. 50 Meter Dash (54 yds. 24.5 in.)
2. 100 Meter Dash (109 yds. 13 in.)
3. 200 Meter Dash (218 yds. 26 in.)
4. 400 Meter Dash (437 yds. 16 in.)
5. 4x100 Meter Relay\* (437 yds. 16 in. by 4)
6. Standing Long Jump
7. Softball Throw

#### **Ages 11 – 12 (Born in 2004-2005)**

1. 100 Meter Dash (109 yds. 13 in.)
2. 200 Meter Dash (218 yds. 26 in.)
3. 400 Meter Dash (437 yds. 16 in.)
4. 800 Meter Run (874 yds. 32 in.)
5. 4x100 Meter Relay\* (437 yds. 16 in. by 4)
6. Standing Long Jump
7. Softball Throw

#### **Ages 13 - 14 (Born in 2002-2003)**

1. 100 Meter Dash (109 yds. 13 in.)
2. 200 Meter Dash (218 yds. 26 in.)
3. 800 Meter Run (874 yds. 32 in.)
4. 1600 Meter Run (1416 yds. 16in.)
5. 4x100 Meter Relay (437 yds. 16 in. by 4)
6. Standing Long Jump
7. Softball Throw

***\*Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.***

**COMPETITORS ARE REQUIRED TO SUBMIT A COPY OF THEIR BIRTH CERTIFICATE BEFORE**

**BEING ABLE TO REGISTER FOR THE LOCAL PROGRAM.** All registration is done at the Exeter Recreation Office, 32 Court Street, Exeter. Hours: Monday - Friday: 8:15AM - 4: 15PM.

**The deadline for submitting all paperwork is Friday, May 6<sup>th</sup>, 2016.** The Exeter Recreation Office must prepare all necessary paperwork to forward to the state director's office. **In order for the entire Exeter Parks & Recreation Department team to participate, this deadline must be observed! Thank you!**

**EXETER PARKS & RECREATION DEPARTMENT**

**32 Court Street, Exeter, NH 03833**

**Phone: 773-6151 Fax: 773-6152**

**Website: <http://exeternh.gov/recreation>**

**Business Hours: Monday – Friday, 8:15am - 4:15pm**